

# OKLAHOMA USE LESS STUFF CAMPAIGN SUSTAINABILITY RESOURCES

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## BOOKS

- **Beyond Growth** - *The Economics of Sustainable Development* by Herman Daly (Beacon Press, 1996) ISBN: 0-8070-4708-2
- **Beyond the Limits** by Donella Meadows, Dennis Meadows and Jorgen Randers. (Chelsea Green Publishing, 1992) Explains how we can build a permanently sustainable global economy while retaining a comfortable lifestyle.
- **Biosphere Politics** by Jeremy Rifkin (Crown Publishers, 1991). Examines the environmental threats inherent in overconsumption and suggests strategies for a transition to sustainability.
- **Choose to Reuse** by Nikki and David Goldbeck (Ceres Press, \$15.95) An encyclopedia of services, products, programs and charitable organizations that foster reuse.
- **Choosing Simplicity: Real People Finding Peace and Fulfillment in a Complex World** by Linda Breen Pierce and Vicki Robin (Gallagher Press, January 2000, \$16.00; ISBN: 0967206715)
- **Cohousing: A Contemporary Approach to Housing Ourselves** by Kathryn & Charles Durrent, second edition with Ellen Hertzman (Ten Speed Press, \$29.95)
- **Community Indicators Handbook**, Redefining Progress (415) 781-1191 or [www.rprogress.org](http://www.rprogress.org).
- **The Consumer's Guide to Effective Environmental Choices: Practical Advice from the Union of Concerned Scientists** by Michael Brower, Ph.D. and Warren Leon, Ph.D. (Three Rivers Press, 1999)
- **Consuming Desires: Consumption, Culture and the Pursuit of Happiness**, Editor-Roger Rosenblatt (Island Press, 1999)
- **Cradle to Cradle-Rethinking the Way We Make Things** by William McDonough & Michael Braungart (North Point Press, 2002) ISBN: 0-86547-587-3)
- **Designing with Nature** - *the Ecological Basis for Architectural Design* by Ken Yeang (McGraw Hill, 1995) ISBN:0-07-072317-6
- **Earth in the Balance - Ecology & the Human Spirit** by Al Gore (Penguin Books, 1993) ISBN: 0-452-26935-0
- **Earth in Mind** - *on Education, Environment & the Human Prospect* by David Orr (Island Press, 1994) ISBN: 1-55963-269-X
- **Eco-City Dimensions** - *Healthy Communities, Healthy Planet* (New Society Publishers, 1997) ISBN: 0-86571-353-7
- **Ecological Design** by Sim Van der Ryn & Stuart Cowan (Island Press, 1995) ISBN: 1-55963-388-3
- **Ecology of Commerce**-*A Declaration of Sustainability* by Paul Hawken (HarperCollins Publisher, 1992)
- **Eco-Renovation**, *The Ecological Home Improvement Guide* by Edward Harland. (A Real Goods Independent Living Book, \$16.95). Chelsea Green Publishing Co.
- **Envisioning A Sustainable Society** - *Learning Our Way Out* by Lester W. Milbrath (SUNY, 1989) ISBN: 0-7914-0162-6
- **Fostering Sustainable Behavior--An Introduction to Community-Based Social Marketing** by Doug McKenzie-Mohr & William Smith (New Society Press, 1999, ISBN: 0865714061, \$14.95)
- **The Future of Life** by Edward O. Wilson (Knopf, \$22.00)
- **The Green Consumer** by John Elkington, Julia Hailes, and Joel Makeover (Viking Penguin, 40 West 23rd St., NY, NY 10010/\$8.95) Brand-specific handbook of environmentally responsible shopping choices.
- **Heloise's Hints for a Healthy Planet** (Perigee Books, 1990)
- **Home Ecology** by Karen Christenson (Fulcrum Publishing, \$15.95) A complete overview of what you can do at home to help the environment—filled with practical tips to help green your daily life.
- **Home from Nowhere** - *Remaking our everyday world for the 21st century* by James Howard Kunstler (Simon & Shuster, 1996)
- **Hope, Human and Wild**—True stories of living lightly on the earth by Bill McKibben (Hungry Mind Press, 1995)
- **Keeping Life Simple** by Karen Levine (Storey Books, July 1996; ISBN: 0882669435, \$10)
- **Natural Capitalism**—*Creating the next industrial revolution* by Paul Hawken and Amory and Hunter Lovins (Rocky Mountain Institute—Snowmass, CO: [www.rmi.org/](http://www.rmi.org/)) (Lots of good resources are available from RMI)
- **The Natural House** by Dan Chiras (Chelsea Green, \$35.00)
- **New Urbanism** (The) - *Toward an Architectural Community* by Peter Katz, Vicent Scully & Toss W. Bressi (McGraw-Hill, 1993)

- **The Next Green Revolution--Essential Steps to a Healthy Sustainable Agriculture** by Dr. James Horne and Maura McDermott (Kerr Center for Sustainable Agriculture), order on-line: [www.kerrcenter.com](http://www.kerrcenter.com)
- **Our Ecological Footprint, Reducing Human Impact on the Earth** by Mathis Wackernagel & William Rees (New Society Publishers, Copyright 1996/\$14.95) Cuts through the talk about sustainability and introduces a revolutionary new way to determine humanity's impact on the Earth.
- **A Place Called Simplicity** by Claire Cloninger (Harvest House Publishers, September 1993; ISBN: 1565070569, \$9.00) Provides encouragement and direction to a life of simplicity.
- **Primer on Sustainable Building** by Dianna Lopez Barnett with William D. Browning (Rocky Mountain Institute, 1995) ISBN: 1-881071-05-7
- **Rodale's Chemical-Free Yard & Garden, the Ultimate Authority on Successful Organic Gardening.** Copyright 1991— Distributed by Random House Value Publishing, Inc.
- **Seven Wonders: Everyday Things for A Healthier Planet (aka the Dalai Llama vs. Baywatch)** by John Ryan (Northwest Environment Watch, 1402 Third Avenue, Suite 1127, Seattle, WA 98101-2118/\$9.95)
- **The Simple Life**, Editor-Larry Roth (Berkeley Publishing Group, April 1998; ISBN: 0425161684, \$12)
- **Sharing Nature's Interest--Ecological Footprints as an indicator of sustainability** by Nicky Chambers, Craig Simmons & Mathis Wackernagel (Earthscan Publications Ltd., 2001; ISBN: 1-85383-739-3)
- **Simple Living Guide: A Sourcebook for Less Stressful, More Joyful Living** by Janet Lubbers.
- **Simplicity: Finding Peace by Uncluttering Your Life** by Kim Thomas (Broadman & Holman, May 1999, \$8.00; ISBN: 0805418539)
- **Six Weeks to a Simpler Lifestyle** by Barbara Degrote-Sorenson and David Allen Sorenson (Fortress Press, November 1994; ISBN: 0806627514, \$10.00)
- **Sustainable Architecture: Principles, Paradigms, & Case Studies** by James Steele (McGraw Hill, 1997) ISBN: 0070609497
- **Sustainable Urban Development** - A Literature Review & Analysis by Stephen Wheeler (Urban Ecology, Inc., 1995)
- **Sustainable World (A)** - Defining & measuring sustainable development by Thaddeus C. Trzyna (International Center for the Environment & Public Policy, 1995) ISBN: 1-85383-267-7
- **STUFF, The Secret Lives of Everyday Things** by John C. Ryan and Alan Thein Durning. (Northwest Environment Watch, 1402 Third Avenue, Suite 1127, Seattle, WA 98101-2118/\$9.95) 206-447-1880, e-mail: [nwwatch@igc.apc.org](mailto:nwwatch@igc.apc.org), website: [www.speakeasy.org/new](http://www.speakeasy.org/new).
- **Suburban Nation: The Rise of Sprawl and the Decline of the American Dream** by Andres Duany, Elizabeth Plater-Zybeck & Jeff Speck (North Point Press, \$30.00)
- **Toward Sustainable Development** - *Concepts, Methods & Policy* edited by Jeroen C.J.M. van den Bergh & Jan van der Straaten (International Society for Ecological Economics Series, Island Press, 1994) ISBN: 1-55963-349-2)
- **USE LESS STUFF, Environmental Solutions for Who We Really Are** by Robert Lillienfeld and William Rathje--Editors of the Use Less Stuff Report. (Partners for Environmental Progress, PO Box 130116, Ann Arbor, MI 48113/\$12.00) 313-668-1690, website: [www.cygnus-group.com](http://www.cygnus-group.com). Order book from publisher: [www.randomhouse.com](http://www.randomhouse.com).
- **Visions for a New American Dream** - *Process, principles & an ordinance* by Anton Clarence Nelesen (American Planning Ass., 1994) ISBN: 1-884829-00-7
- **Voluntary Simplicity** by Duane Elgin, ISBN 0688121195
- **Your Money or Your Life: Transforming Your Relationship with Money and Achieving Financial Independence** (Penguin Books, 1992) and **Getting A Life: Strategies for Simple Living** based on **Your Money or Your Life** (Penguin Books, 1997) both books by Joe Dominguez and Vicki Robin

## GREEN LIVING TIPS ON-LINE

- **Adbusters:** [www.adbusters.org/campaigns/bnd/](http://www.adbusters.org/campaigns/bnd/) — An anti-materialism effort that promotes “*Buy Nothing Day*” — the day after Thanksgiving.
- **Affluenza** (AF.loo.en.zuh) *n.* An extreme form of materialism in which consumers overwork and accumulate high levels of debt to purchase more goods (*affluence* + *influenza*): [www.affluenza.com/](http://www.affluenza.com/)
- **Alternatives for Simple Living,** Alternatives is a non-profit organization that equips people of faith to challenge consumerism, live justly and celebrate responsibly. [www.SimpleLiving.org](http://www.SimpleLiving.org)
- **Center for A New American Dream - Turn the Tide--Nine Actions for the Planet, Conscious Consumer, "I Buy Different" campaign,** and more: [www.newdream.org/](http://www.newdream.org/)
- **Co-op America Quarterly,** Practical tips and common sense strategies to save money, live better and simplify your life: [www.coopamerica.org](http://www.coopamerica.org) or [www.greenpages.com](http://www.greenpages.com)
- **E-The Environmental Magazine,** To subscribe to hard copy or on-line offerings, see website: [www.emagazine.com/](http://www.emagazine.com/)
- **Earth Force** bicycle promotional activities and information: [www.earthforce.org/action1.htm](http://www.earthforce.org/action1.htm)
- **Earth 911:** [www.Earth911.org](http://www.Earth911.org) or 1-800-Cleanup
- **EcoTeam, A Program Empowering Americans to Create Earth-Friendly Lifestyles,** Workbook for homeowners for garbage reduction, water, energy and transportation efficiency, eco-wise consuming and empowering others: <http://empowermentinstitute.net/>
- **Energy Efficient & Sustainable Construction:** [www.greenbuilder.com](http://www.greenbuilder.com)
- **Environmental Protection Agency - EnergyStar Appliances & Home Improvement Ideas:** [www.energystar.gov](http://www.energystar.gov)
- **Greener Cars:** [www.greenercars.com](http://www.greenercars.com)
- **Green Guide--**Product reports, articles and more: [www.thegreenguide.com/](http://www.thegreenguide.com/)
- **Green Hotels Association:** [www.greenhotels.com](http://www.greenhotels.com), List of hotels with recycling, water conservation, etc. programs
- **This Green Life:** [www.nrdc.org/thisgreenlife](http://www.nrdc.org/thisgreenlife)
- **Green Matters, the Busy Person's Guide to Greener Living:** [www.greenmatters.com/gm/index.html](http://www.greenmatters.com/gm/index.html)
- **Home Energy Saver - Economic Energy Solutions:** <http://homeenergysaver.lbl.gov>
- **Mother Earth News,** The original guide to living wisely, Subscribe on-line: [www.motherearthnews.com](http://www.motherearthnews.com)
- **Natural Home Magazine:** [www.naturalhomemagazine.com](http://www.naturalhomemagazine.com)
- **Natural Resources Defense Council (NRDC)--**Cities & Green Living: [www.nrdc.org/cities/default.asp](http://www.nrdc.org/cities/default.asp)
- **Power\$mart - Easy Tips to Save Money & the Planet:** [www.ase.org/powersmart/bother.html](http://www.ase.org/powersmart/bother.html)
- **Reusable News,** Website: [www.epa.gov/epaoswer/non-hw/recycle/reuse.htm](http://www.epa.gov/epaoswer/non-hw/recycle/reuse.htm)
- **Sierra Club Sustainable Consumption:** [www.sierraclub.org/sustainable\\_consumption/](http://www.sierraclub.org/sustainable_consumption/)
- **Simple Living Newsletter:** [www.simpleliving.net](http://www.simpleliving.net)
- **Union of Concerned Scientists--**Green Living Tips: [www.ucsusa.org/publications/green\\_tips.cfm?publicationID=309](http://www.ucsusa.org/publications/green_tips.cfm?publicationID=309)
- **Use Less Stuff Newsletter** (Oklahoma Campaign—1999 -2004+): [www.deq.state.ok.us/uls/newsletters/](http://www.deq.state.ok.us/uls/newsletters/)
- **Use Less Stuff Newsletter** (National Campaign—1994 -2000): [www.use-less-stuff.com/](http://www.use-less-stuff.com/)

## GREEN BUSINESS TIPS

- **Institute of Ecolonomics** - Prosperity without pollution: [www.ecolonomics.org](http://www.ecolonomics.org)
- **The Natural Step** - Providing a visionary blueprint for a sustainable world: [www.naturalstep.org](http://www.naturalstep.org)
- **New Academy** - International Journal of Corporate Social Responsibility, Leadership & Ethics: [www.new-academy-review.com](http://www.new-academy-review.com)
- **Sustainable Business Network** - Enabling business to flourish through sustainable practice: [www.sustainable.org.nz/](http://www.sustainable.org.nz/)
- **Sustainable Business Techniques** - News & Innovative Ideas in the Business World
- **Green Biz** - The resource center for business, environment & the bottom line; GreenBuzz on-line: [www.greenbiz.com/index.cfm](http://www.greenbiz.com/index.cfm)

## **K-12 SUSTAINABILITY EDUCATION**

- **Center for A Sustainable Future:** On-line units, rubrics and other downloadable software. <http://csf.concord.org/esf/index.php>
- **Creative Change Education Solutions:** Links, FAQs, curriculum, "The Shape of Change." [www.creativechange.net](http://www.creativechange.net)
- **Earth Day Network:** [www.earthday.net/howto/education/k-12lessonplans.asp](http://www.earthday.net/howto/education/k-12lessonplans.asp)
- **EE-Link (The National Council for Environmental Education and Training):** Directory of classroom materials, project ideas, grants, and other resources. [www.eelink.net](http://www.eelink.net)
- **Facing the Future:** Challenges our way of thinking about our place on Earth, our relationships with each other, and our responsibility for the future. [www.facingthefuture.org/](http://www.facingthefuture.org/)
- **Second Nature:** Bibliographies and course overviews to help high school and university educators plan sustainability courses. <http://www.secondnature.org/efs/efs.html>
- **Sustainability Education Center:** Information and summaries of curricula for high school. [www.sustainabilityed.org/](http://www.sustainabilityed.org/)
- **Sustainability Education Toolkit:** On-line collection of articles, activities, and other resources for teachers. [www.esdtoolkit.org](http://www.esdtoolkit.org)
- **Ounce of Prevention--Curriculum Guide for Middle School:** [www.use-less-stuff.com/](http://www.use-less-stuff.com/)

## **STOP JUNK MAIL**

- **Mail Preference Service:** [www.dmaconsumers.org/offmailinglist.html](http://www.dmaconsumers.org/offmailinglist.html)
- **"Stop the Junk Mail" Kit:** [www.stopjunk.com](http://www.stopjunk.com), Consumer Research Institute of Ithaca/\$12.95
- **Do-it-yourself! Stop junk mail, e-mail and phone calls:** [www.obviously.com/junkmail](http://www.obviously.com/junkmail)
- **How to Get Rid of Junk Mail, Spam, and Telemarketers:** [www.ecofuture.org/jnkmail.html](http://www.ecofuture.org/jnkmail.html)

## **OTHER RESOURCES**

- **Oklahoma Department of Environmental Quality Use Less Stuff Campaign** Articles for newsletters or media, power point, newsletters, PSAs, and more: [www.deq.state.ok.us/uls/index.htm](http://www.deq.state.ok.us/uls/index.htm)
- **Oklahoma Sustainability Network**--Architects, interior designers, students, gardeners, government entities, non-profits, etc. working together for solutions. A list serv is available for information sharing and Issue Sections are forming. See website: [www.oksustainability.org](http://www.oksustainability.org).
- **St. Jude's Ranch for Children**, 100 St. Jude's St., Boulder City, NV 89905-1618, 1-800-492-3562. Send fronts of greeting cards to be reused in making new cards. You can also buy reused cards (ten cards for \$6.50) from them. More information: <http://stjudesranch.org/Content/cardprogram.asp>